



Vol. 60 No. 38

Friday, September 19, 2003

A tall white flagpole stands in a paved area, flying the American flag and the POW/MIA flag. The base of the pole is surrounded by a low stone wall and a wooden fence. The background shows a clear blue sky with some clouds and distant trees.

You Are Not Forgotten

National POW/MIA Recognition Day
is Friday, September 19.

Many solemn ceremonies are
planned to honor all Americans still
missing, former prisoners of war,
servicemembers and civilians
unaccounted for and their families.

Other than "Old Glory," it is the only flag ever to fly over the White House. It is the only flag ever displayed in the U.S. Capitol Rotunda. That flag is not one that represents an individual state, branch of service, or other select group. It is the POW/MIA (Prisoners of War/ Missing In Action) Flag.

The POW/MIA flag stands as a powerful symbol of national commitment to America's POW/MIAs until the fullest accounting has been achieved for U.S. personnel still missing and unaccounted for.

On Aug. 10, 1990, the 101st Congress passed U.S. Public Law 101-355, which recognized the POW/MIA flag and designated it "as the symbol of our Nation's concern and commitment to resolving as fully as possible the fates of Americans still prisoner, missing and unaccounted for in Southeast Asia, thus ending the uncertainty for their families and the Nation."

The importance of the POW/MIA flag lies in its continued visibility, a constant reminder of the plight of America's POW/MIAs. It is a flag which calls to mind the sacrifice and plight of those Americans who have sacrificed their own freedom, to preserve liberty for all of us. Its presence serves to remind us that, while we enjoy the privileges of freedom, somewhere there are soldiers who have not been accounted for.

NEWS BRIEFS

New Playgroup Forming

A new playgroup is forming for children ages 0-3 years. Come join the first planning meeting on Tuesday, Sept. 30, 10:30am to noon at the Community Center. Children are welcome to come of course! Call Tammy at 5724 for more information.

PTO Needs You

The Parents and Teachers Organization (PTO) is currently looking for school store volunteers for Monday, Wednesday, Friday from 11:45am to 12:45pm. If you're interested, please contact Stephanie Niccum at 7433.

Quilting Socials

You are invited to join in Quilting Social Thursdays! No matter if you're a beginner or a seasoned sewer, you'll find that quilting is a rewarding and satisfying lifetime hobby. Dates for upcoming socials are: October 2, 9 and 23; November 6 and 20; and December 4 and 18. The events are at the Community Center from 6 to 9pm. For more details, call Tonja, 7328 or 4527.

Toledo Zoo Reps Return

Toledo Zoo representatives are returning to GTMO. A lecture is scheduled on Sept. 27 at Windmill Beach at 2pm. Come learn about the various animals of GTMO.

Base Siren Upgrades; Colors Information

NAVSTA GTMO is making improvement to the Siren System beginning Sept. 25. Improvements include computerized enhancements, enabling the system to provide "self-tests" on Wednesdays, play colors each morning and evening and also provide COMNAVBASE with Public Address capability for voice announcements.

Colors Reminder - When you hear morning/evening colors and you are in uniform and outside you are to stop, face the flag and salute. If you are in civilian attire, you should stop, face the flag and cover your heart (removing your hat if wearing one). Lastly, if driving a vehicle, you are to stop until the conclusion of colors.

Navy College Learning Center News

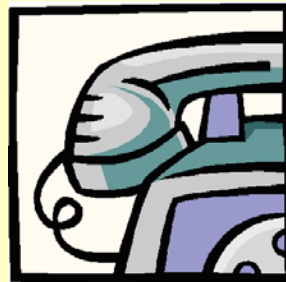
Your Navy College Learning Center is available and ready to help. We are offering free, computerized prep courses for CLEP exams, the

ASVAB, SAT or ACT. Work at your own pace. Facilitators are available to assist you in meeting your goals.

Hours of operation are Monday-Thursday, 10am to 7pm, and Saturday, noon to 4pm. For more information, contact Ellen Soucy or Tracie Hathorn at 3997.

Navy College/Testing Control Officer Special Note: The only contact number for the Navy College Office is 3996. Please do not call CE1 Ulfers at the Base Communications Office. All calls to the Navy College Office will be answered as soon as possible. You may also use email at Ulfersjc@usnbgtno.navy.mil.

Phone Facts: When's Your Bill Due?



There seems to be an increase number of phone bills being unpaid at the end of the billing cycle for each month and telephone service is terminated when an account is overdue. This may be caused by some confusion as to when bills are due. The following information is provided to assist customers in ensuring their phone and LCN internet bills

are paid on time.

Both phone and LCN internet bills are done on a monthly basis. Invoices are developed on the first day of each month for the previous month and are delivered to the post office by the 5th working day of each month. Phone and internet bills are due on or before the 15th of each month. If you have not received a bill because of mail routing or address problems, the customer is still responsible for ensuring their bills are paid on time. Customers can obtain their billing information by calling 3744 or by stopping by customer services at LCN. Bills not paid by the 15th of the month are late, however LCN allows for a grace period up to the last business day of the month before passing the payment overdue accounts to the Government for disconnecting service. Given the additional period to allow customers to make payments, all bills should be paid on time and no phones should be disconnected. Hopefully this will assist customers in ensuring their phone service remains on and that their phone bills are paid in a timely manner.

For issues you would desire addressed in this forum, or if you need any additional information on the billing cycle, please contact: Bob Diamond at 3644.

**U.S. Naval Base
Guantanamo Bay, Cuba**

Gazette

Vol. 60 No. 38
Friday, September 19, 2003

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This newspaper is an authorized publication for members of the military services stationed at Naval Base Guantanamo Bay. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Navy and do not imply endorsement thereof.

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Making it Official

“Your entire way of life has now been changed. More will be expected of you; more will be demanded of you. Not because you are an E-7, but because you are now a Chief Petty Officer.” from the CPO Creed

Surrounded by friends, family and shipmates, first class petty officers from NAVBASE Guantanamo Bay joined a fraternity like no other at the Chief Petty Officer Pinning Ceremony held Tuesday at the Windjammer.

One by one, each chief was called to attention, pinned, and the new cover was placed on the head, completing the khaki uniform.

Afterward, the new chiefs celebrated, for the road to the rank of E-7 was not a short one for most. Although the chiefs found out they had been selected back in early August, all 15 endured the chief's initiation process, which included group physical training,

fundraising, and various teamwork and leadership-building activities.

In many of the armed forces, when an enlisted person finally attains the senior enlisted rank of E-7, there is typically no fanfare, no extraordinary celebration, no unusual ceremonies. The successful person is congratulated, and perhaps given a small party of some sort.

However, when a sailor makes “Chief,” they are shedding their former enlisted coverings, and are literally “initiated” into a new world. Unlike the other armed forces, the Navy Chief dons a new, distinctive uniform and begins a whole new career.

Congratulations on Completing Your Journey!

GTMO's newest Chief Petty Officers are:

MAC(SW) Gilberto De Jesus, HMC (AW/NAC) Jason Flint, HMC(DV) Everett Hairston, QMC Paul Trent Matthews, MAC(SW) Jeffrey McKennie, BMC(SW) John P. Jones, HMC Gina Siefert, OSCS(SW) Curtis Whittaker and ETC(SW/AW) Kenneth Vaughn.



Above: Newly pinned and wearing the chief's hat for the first time, HMC(DV) Everett Hairston completes his journey to becoming a Chief Petty Officer.

Below: Making it a family affair, MAC(SW) Gilberto De Jesus has his anchors pinned on by his wife, Maritza, and children.



HMC (AW/NAC) Jason Flint has his new hat placed on by his son Justin and CPO sponsor HMC(SW) David DeGroff.

National Cholesterol Education Month

High blood cholesterol is a major risk factor for heart disease, the leading cause of death in the United States. It is estimated that 105 million American adults have total blood cholesterol levels of 200 milligrams per deciliter (mg/dL) and higher, which is above desirable levels. Of these, an estimated 42 million persons have levels of 240 mg/dL or above, which is considered high risk.

Lowering cholesterol levels reduces the incidence of heart disease and reduces deaths among persons either with or without coronary heart disease. To increase awareness of the importance of monitoring cholesterol levels and taking steps to achieve or maintain healthy levels, the National Cholesterol Education Program (NCEP) sponsors National Cholesterol Education Month every September.

The NCEP recommends that adults aged 20 years or older have their cholesterol checked once every 5 years. Cholesterol levels can be lowered through lifestyle changes such as dietary improvement, increased physical activity, weight control, drug therapy, or a combination of these.

Facts on Cholesterol

♦ Cholesterol is a waxy, fat-like substance found in the body and is needed for the body to function normally. Your body makes enough cholesterol for its needs. When there is too much cholesterol - because of diet and the rate at which the cholesterol is processed—it is deposited in arteries, including those of the heart, which can lead to narrowing of the arteries and heart disease.

♦ An estimated 102.3 million American adults have total blood cholesterol levels of 200 milligrams per deciliter (mg/dL) and

higher, which is above desirable levels. Of these, 41.3 million have levels of 240 mg/dL or higher, which is considered high risk.

♦ Studies among people with heart disease have shown that lowering cholesterol can reduce the risk for dying from heart disease, having a nonfatal heart attack, and needing heart bypass surgery or angioplasty.

♦ Studies among people without heart disease have shown that lowering cholesterol can reduce the risk for developing heart disease, including heart attacks and deaths related to heart disease. This is true for those with high cholesterol levels and even for those with average levels.

♦ A lipoprotein profile can be done to measure several different kinds of cholesterol as well as triglycerides (another kind of fat found in the blood). Desirable or optimal levels for persons with or without existing heart disease are:

Total cholesterol: Less than 200 mg/dL.

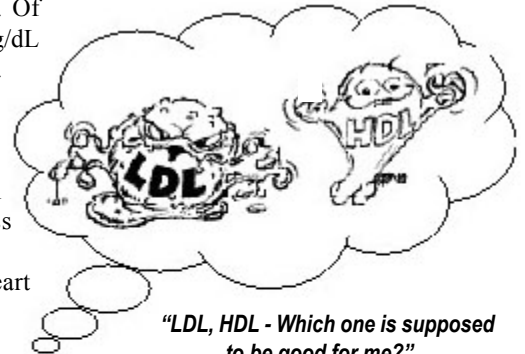
Low Density Lipoprotein (LDL) cholesterol ("bad" cholesterol): Less than 100 mg/dL.

High Density Lipoprotein (HDL) cholesterol ("good" cholesterol): 40 mg/dL or higher.

Triglycerides: Less than 150 mg/dL.

Simple Steps to Reduce Risks

♦ Get a fasting lipoprotein profile to find out what your total cholesterol, LDL cholesterol, HDL cholesterol, and



"LDL, HDL - Which one is supposed to be good for me?"
Don't know? Ask your doctor during National Cholesterol Education Month!

triglyceride numbers are.

♦ Calculate your risk for heart disease using the ATP III assessment tool found online at NCEP website - <http://hin.nhlbi.nih.gov/atpIII/calculator.asp>.

♦ Discuss your risk for heart disease with your physician and take steps to reduce factors that put you at risk.

♦ Choose foods that are low in saturated fat, trans fat, and cholesterol.

♦ Calculate your body mass index (BMI) with the BMI calculator (<http://www.nhlbisupport.com/bmi/bmicalc.htm>) and see how your weight measures up.

♦ Participate in physical activity of moderate intensity for at least 30 minutes on most, and preferably all, days of the week. No time? Break the 30 minutes into three, 10-minute segments during the day.

♦ Don't smoke. If you do smoke, contact your healthcare provider to discuss ways in which they can help you quit.

2003 Holiday Season Mailing Dates Announced

From Naval Supply Systems Command Public Affairs

The Naval Supply Systems Command's Postal Policy Division, in cooperation with the U.S. Postal Service and military postal officials from all of the services, notes that it's not too early to mail 2003 Christmas cards, letters, and packages to and from military addresses overseas. In fact, everyone is encouraged to beat the last minute rush, and bring holiday mail and packages to the nearest U.S. Post Office or APO/FPO military post office by the suggested dates listed below.

For military mail addressed to APO and FPO addresses, the mailing dates are:

Parcel post - Nov. 13

Space available - Nov. 28

Parcel airlift - Dec. 4

Priority mail, first class cards and letters - Dec. 11

For military mail from APO and FPO addresses, dates are:

Space available - Nov. 20

Parcel airlift - Dec. 4

Priority mail, first class cards and letters - Dec. 11

SPOA Hosts 2nd Annual Talent Show

A last-minute rain shower didn't dampen the spirit of those performing in the 2003 GTMO Talent Show, Friday Sept. 12 at the Windjammer.

The Senior Petty Officers' Association (SPOA) would like to formally congratulate the top three winners chosen by an enthusiastic crowd. Violinist Justin Flint walked away with 1st place honors. Singers Corey Evans and Marie Brewer placed 2nd and 3rd, respectively. The SPOA thanks all those who participated in this fundraising event. All the performances were great!

This marks the second year that the SPOA has sponsored a GTMO Talent Show. Members hope it will become an annual event.

The SPOA is active in many different areas in the GTMO, providing scholarships for high school seniors, hosting the annual Pumpkin Patch for GTMO children and helping junior personnel with advancement support such as Petty Officer Indoctrination.

Being a part of the SPOA demonstrates your desire to enhance your leadership skills and promote equal opportunity. This combined with the sense of pride and accomplishment you develop serve as attractive reasons to join the SPOA.

Membership is open to all E5 and E6 personnel, including Coast Guard and JTF Personnel. Meeting are held on the first and third



Master of Ceremonies Ed Bennes (far right) congratulates winners (l to r) Corey Evans, Marie Brewer and Justin Flint.

Friday of each month. **Our next meeting is today at 11:30am at the Acey Duecey Club inside the Windjammer.**

Come check it out! Bring a friend, or two! See what you've been missing, support your fellow service members and give back to the community you live in.

September is National Homeschool Education Month

Many parents are opting not to send their children back to school this year. Instead, they're choosing to educate them at home.

Homeschooling is not just a new trend. It's in fact the oldest form of education known to man. Through the centuries, parents have taught their children at home and produced many well educated examples of the benefits of homeschool.

The list of homeschool alumni include presidents such as George Washington, Thomas Jefferson, and Abraham Lincoln, inventors Thomas Edison and Alexander Graham Bell, artists Claude Monet and Leonardo da Vinci, authors Mark Twain, C.S. Lewis, and Agatha Christie, and modern heroines Sandra Day O'Connor, and Sally Ride.

Today's homeschoolers are outscoring school children on standardized tests, winning national competitions, and becoming the leaders of the future.

Here in Guantanamo Bay, the Home Education Network (HEN) was created to support the home schooling parents and children. In 2001, then director of Fleet and Family Support Center, Linda Hough saw a need for home schooling families to gather and network with each other. There was also a need for an alternative type of education for families in GTMO. With the support of COMNAVBASE, Captain Michael Fair and W.T. Sampson principal Sandra DeQuinzio, the group was allowed to flourish.

In 2001, there were only three families involved in the HEN. Today, they are 10 families strong and growing.

Homeschoolers in GTMO use a variety of curriculums and keep flexible schedules tailored to their individual family needs. As a group, the homeschoolers have experienced hands on marine biology lessons in the warm Caribbean waters of GTMO.



During a 2002 Homeschooler's Field Trip to Cable Beach, students got a chance to learn about proper snorkeling techniques from instructors Bill Keenan (shown above) and Dave Hummell. The students also learned about and viewed samples of local marine life such as starfish, crabs, fish and an octopus.

Thanks to Trish Loop (Director of Environmental) and Paul Schoenfeld (Environmental) the home schooling community has attended field trips such as snorkeling with GTMO's top dive instructors, hands on aviary instruction from the Institute of Birds Scientists, and of course, the "Zoo People."

Some homeschoolers participate in co-operative programs sponsored by the HEN. Last December the homeschoolers sang carols for commands all over GTMO and greeted incoming troops with flags, songs, and cookies. They enjoyed spreading good cheer.

Home schooling in GTMO is a fun, unique, and rewarding experience, come see for yourself - Happy Homeschooling Month!

If you would like more information on HEN and home schooling in GTMO, contact Toni Anderson at 7959.

Hispanic Heritage Month 2003 Events

The Hispanic Heritage Association (HHA) is sponsoring various events during the annual observation of Hispanic American Heritage Month from September 15th through October 15th.

This is a time of unprecedented growth and recognition for Hispanics in America. According to the 2000 Census results, Hispanics are clearly becoming the fastest growing minority segment.

Hispanic Heritage Month provides the community with the opportunity to explore, experience and develop a better understanding of the diverse and rich culture of Hispanics.

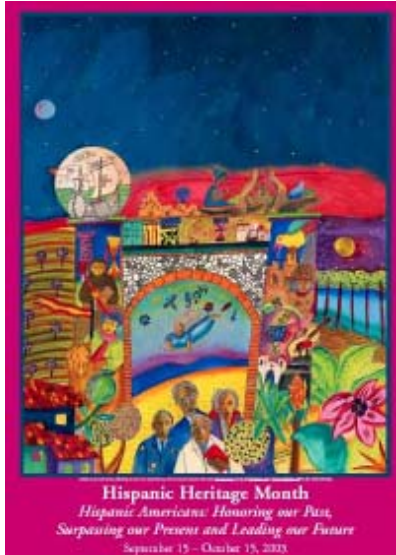
Celebrating this year's theme of "Honoring Our Past, Surpassing Our Present and Leading Our Future," the following are the events that the HHA has scheduled during Hispanic Heritage Month so please mark your calendars.

Bake Sale/Dinner Auction September 20th 9am - 3pm NEX Atrium

Pinchos, Empanadillas and other baked goods will be sold.

Cultural Exhibit September 20th 9am - 3pm NEX Atrium

During this event, the association will display folk/art items from different Latin American countries and Spain.



Hispanic Heritage 5K Run/Walk September 27th 6am at the base gym

T-shirt and Ticket Sale September 27th NEX Atrium

Dinner Dance - October 4th 6pm at the Windjammer

Celebrating this year's theme of "Honoring Our Past, Surpassing Our Present and Leading Our Future" the entire GTMO is invited community to the annual Hispanic Heritage Ball on Oct. 4 at the Windjammer. The event begins at 6pm and includes dinner and a show. Dress is semi-formal and tickets are available now. Call MA2 Jimmy Nazario or Mayra Nazario at 7405.

Hispanic Heritage Assembly - October 17th 1pm - Elementary School Gym

Winners of the annual poster and essay contest will be announced (see details on the contest below).

The HHA is still looking for talent and volunteers for the upcoming Hispanic Heritage Dinner Dance. If you can sing, dance or just want to help, call MA2 Jimmy Nazario at 7405 or Zaida Brewer at 2207.

We also need volunteers for all upcoming events that will take place during Hispanic Heritage Month.

Hispanic Heritage Association Hosts Poster, Essay Contest

In honor of Hispanic Heritage Month, celebrated annually from September 15 till October 15 the Hispanic Heritage Association is sponsoring a poster/essay contest. All children, Kindergarten through 12th grade are welcome to participate.

Winners will be announced at our Host Nation Dance Celebration on October 17 at the Elementary School Gym. This year's national theme, as well as the theme for the poster/essay contest, is "Honoring Our Past, Surpassing Our Present & Leading Our Future".

The following outlines the contest categories and the basic poster/essay requirements established by the Hispanic Heritage Association.

Category I – Poster entries only

Open to students in grades Kindergarten through 2nd. Poster entries may be drawings, paintings or collages. Multimedia may be used. Winner receives a \$50 U.S. Savings Bond.

Category II – Poster entries only

Open to students in grades 3rd through 5th. Poster entries may be drawings, paintings or collages. Multimedia may be used. Winner receives a \$50 U.S. Savings Bond.

Category III- Essay entries only

Open to students in grades 6th through 8th. Essay is to be 1 1/2 to 2-pages maximum, handwritten in black ink or typed. Winner receives a \$100 U.S. Savings Bond.

Category III- Essay entries only

Open to student's in grades nine through twelve. Essay is to be 2-3 pages maximum, typed/word processed, double-spaced with 1-1/2 inch margins. Winner receives a \$200 U.S. Savings Bond.

Contestants are judged on their creativity and imagination in addressing the theme "Honoring Our Past, Surpassing Our Present & Leading Our Future."

Each poster or essay submitted must include the contestant's full name, grade level, mailing address, home phone number and social security number attached on a second sheet of paper. **Deadline for submissions is October 10.**

Point of contact for submissions at the Elementary School is Zaida Brewer at 2207. The High School Point of Contact is Tina Lara at 3500.

For more details, contact Zaida Brewer at 2207 or 7823.

POW/MIA Recognition Day

Honoring Those Who Have Not Returned

Information from the Defense POW/Missing Personnel Office

Each year, the President issues a proclamation honoring and recognizing the sacrifices of America's POWs and MIAs, both those returned and those still missing, and their families, designating the third Friday in September as National POW/MIA Recognition day.

On this day, a solemn event is held in Washington, DC, that includes military elements from all services, former POWs, MIA families and family organizations, veterans, military associations and veterans service organizations. Across the country, military units, veterans and family groups, civilian organizations and state and local governments observe the day in varied ways, to include POW/MIA flag raising ceremonies, retreat ceremonies, vigils, religious ceremonies, and breakfasts/luncheons/dinners.

Ceremonies and activities in support of National POW/MIA Recognition Day should honor all American former prisoners of war, service members and civilians still missing and unaccounted for from service during our nation's past wars, and their families.

Selected Statistics

During Operation Desert Storm hostilities, 47 American military personnel were listed as missing or "duty status, whereabouts unknown." 21 were captured and released after the cease-fire. The remaining 26 individuals were determined to have been killed in

action; however, in 2001, the status of Navy Captain Michael Scott Speicher was changed to MIA, and in 2002 changed again to Missing-Captured. An active effort is ongoing in Iraq to account for Captain Speicher. The breakdown of the 47 military personnel listed as missing or "duty status, whereabouts unknown" is as follows:

	Total	USA	USAF	USN	USMC
Captured and released	21	5	8	3	5
KIA	25	0	17	5	3
Still missing	1	0	0	1	0
Total	47	5	25	9	8

Overall statistics

Missing in action and unaccounted-for

Vietnam	1,882	Cold War	126
Korean War	8,100	WWII	78,000

Once missing in action, now accounted-for

Vietnam - 701 since the end of the war

Cold War - 18

Korean War - 13 from those we have recovered since 1996

WWII - more than 300 since 1978, when the U.S. Army Central Identification Laboratory Hawaii assumed ID mission for WWII losses

2003 POW/MIA Poster Unveiled

Remarks by the Hon. Jerry D. Jennings, Deputy Assistant Secretary of Defense for POW/Missing Personnel Affairs, at the unveiling of the 2003 National POW/MIA Recognition Day Poster

"American warriors of yesterday and today have never failed to answer their nation's call. Through selfless sacrifice, they have brought to the entire world a concept most often associated with American ideals – FREEDOM !

A precious word. A word with so many meanings to so many people.

To much of the world 'Freedom' is what America stands for – it is where we came from and what brought us along.

The poster reflects on the past and the present. The somber, black POW/MIA flag – a national symbol – is a firm reminder of those still missing, and of their families who have waited decades for answers. 'You are not forgotten' reminds us of their sacrifice – for our freedom. There are more than 88,000 warriors who are still unaccounted-for from conflicts past. And still, their families wait. Our work is not done.

More than 140,000 Americans since World War I have endured the hardships of captivity as prisoners of war. Their sacrifices – for freedom — must never be forgotten. This nation especially honors their names, their undying spirit and their memory on September 19, 2003.

The rippling red, white and blue banner, so clear and so proud through the smoke of battle, leads American warriors forward – toward freedom for oppressed peoples, toward freedom for those who know the word only because it means 'America.'

'Freedom' lies in the hearts of the people of entire nations. It lies in ideals so richly American, and it rests on the shoulders of those who we honor on this special day."



City Colleges of Chicago

Term I/2003-2004 Information and Course Schedule

Placement Test - Sept. 29 - Oct. 3 - call 3999 to register or email citycolleges@gtmo.net

Early Registration - Sept. 29 - Oct. 3 - 8:30am - 12:30pm and 1:30 - 4:30pm. Please bring completed registration forms, completed CCC Academic Policy Form, payments, and completed TA forms, if applicable.

Registration - October 6 - 10 - 8:30am - 12:30pm and 1:30 - 4:30pm. Everyone is welcome. Bring completed registration forms, completed CCC Academic Policy Form, payment for classes and books, and completed TA forms, if applicable.

Late Registration & Add/Drop Week - October 14-17, noon (Late Registration Fee is \$25. There is no Add/Drop Fee.)

Course Schedule 13 October - Classes Begin

3-7 November - Midterm Exams

1-5 December - Final Exams

6 December - Last Day of Class

Tuition and Fees - Tuition is \$95 per credit hour. Therefore a 3-credit class is \$285, a 4-credit class is \$380, and a 5-credit class is \$475. A \$35 lab fee is charged for appropriate classes. All fees must be paid by bank draft, money order, VISA, or MasterCard. There is a \$25 processing fee for declined credit cards.

Tuition Assistance (Navy & Marine Corps) - Active duty members must **COMPLETE** tuition assistance paperwork **PRIOR** TO course registration. Tuition assistance will pay for 100% of tuition and fees (max of \$250.00 per semester hour) for up to 12 semester hours per fiscal year. TA forms can be picked up in the CCC office. **Please FAX your TA paperwork to Navy College Office in Kings Bay, Georgia.**

Fax # (912)673-3775 OR DSN: 573-3775. For information regarding off-duty Education in the Navy please contact Navy College Office in Kings Bay, GA. Phone: (912)673-2001 x4527 or 4574. Fax: (912)673-3775. DSN Prefix: 573 Email: susan.wheless@cnet.navy.mil

Tuitions Assistance (Army) - Tuition assistance will pay for 100% of tuition and fees (max of \$250.00 per semester hour). **Please FAX your TA paperwork to DPTM-ARMY EDUCATION CENTER in Fort Buchanan, Puerto Rico - Fax number: (787) 707-3289 or DSN 740-3289.** For information regarding off-duty Education in the Army please contact DPTM - Army Education Center in Fort Buchanan, Puerto Rico. Phone: (787)707-3847/3992/3844 or DSN: 740-3847/3992/3844. Fax: (787)707-3289 or DSN: 740-3289. Email: devins@usarso.army.mil or silvas@usarso.army.mil

Available Classes for Term II

Monday/Wednesday - 4:50 -7:20pm

Chemistry 205 w/Lab (CHEM 205) - Organic Chemistry 1 4cr (Rm 10) S. Nabavian - **Prerequisite:** Chemistry 203 or Chemistry II Certificate from Navy College Learning Center.

Child Development 102 (CD102) - Human Growth & Development II 3cr (Rm 13) F. Slonski - **Prerequisite:** Child Development 101.

English 101 (ENG 101) - Composition I 3 cr (Rm 8) J.Stanton

Geology 201 (GEOL 201) - Physical Geology 3cr (Rm 16) E. Merrill

Mathematics (MATH 112) - Intermediate Algebra 4cr (Rm 14) J. Carter
Prerequisite: Mathematics 110 or placement test or Beginning Algebra Certificate from Navy College Learning Center

Philosophy 106 (PHIL 106) - Intro. to Philosophy 3cr (Rm 17) B. Kittrell

Psychology 201 (PSYC 201) - General Psychology 3cr (Rm 15) J. Blumenstock.

Monday/Wednesday - 7:30 -10:00pm

Business 111 (BUS 111) - Introduction to Business 3cr (Rm 13) D. Mohlman - **NOTE:** Business 111 is a foundation and a prerequisite course for all Business Majors or those interested in Management Studies.

Computer Information Systems 120 (CIS 120) - Introduction To Microcomputers 3cr (Rm 8) E. Merrill

Criminal Justice 114 (CJ 114) - Administration of Juvenile Justice 3cr (Rm 14) P.LeBlanc.

Geography 101 (GEO 101) - World Geography 3cr (Rm 15) J. Blumenstock

Humanities 201 (HUM 201) - General Course I 3cr (Rm 17) B. Kittrell

Physics 231 w/Lab (PHYS 231) - General Physics I: Mechanics and Wave Motion 3cr (Rm 10) J. Carter - **Prerequisite:** Mathematics 140 OR 141 or Physics Certificate I from Navy College Learning Center

Spanish 101 (SPAN 101) - First Course 4cr (RM 16) D. Rien-Kemp

Tuesday/Thursday - 4:50 - 7:20pm

Biology 107 (BIO 107) - Nutrition Consumer Education 3cr (Rm 10) K .Arlinghaus

Biology 114 w/Lab (BIO 114) - General Education Biology 4cr (RM 16) J. Shaughnessy

History 111 (HIS 111) - History Of The American People To 1865 3cr (RM 13) T. Preston

Literature 111 (LIT 111) - Poetry 3cr (Rm 14) M. Zapf

Social Science 101 (SOC SCI 101) - General Course I - Introduction to the Scientific Study of Human Behavior 3cr (Rm 17) B. Kittrell

Spanish 102 (SPAN 102) - Second Course 4cr (RM 15) C. Miller Grade C or better in Spanish 101 or placement test.

Speech 101(SPCH 101) - Fundamentals of Speech Communication 3cr (RM 8) J. Stanton

Tuesday/Thursday - 7:30 - 10:00pm

Biology 227 w/Lab (BIO 227)- Human Structure & Function 4cr (Rm 16) J.Shaughnessy **Prerequisite:** Biology 226.

Criminal Justice 222 (CJ 222) - Professional Responsibilities in Criminal Justice 3cr (Rm 8) M. Pelot

English 102 (ENG 102) - Composition II 3cr(Rm 10) D. Taylor-Edwards
Prerequisite: Grade C or better in English 101.

Humanities 205 (HUM 205) - World Literature I 3cr. (Rm 14) M. Zapf
Mathematics 207 (MATH 207) -

Calculus And Analytic Geometry I 5cr(RM 13) M. Lowe **Prerequisite:** Grade C or better in Math 140 or 141, OR Placement test, OR Advanced Algebra Certificate from Navy College Learning Center. **NOTE:** Math 207 starts Oct. 07 and ends Dec. 1. There is NO late registration for this class.

Spanish 103 (SPAN 103) - Third Course 4cr (Rm 15) H. Charry
Prerequisite: Spanish 102 or placement test.

Social Science 102 (SOC SCI 102) - General Course II Introduction to the Scientific Study of Society 3cr (Rm 17) B. Kittrell

Military Volunteers Wanted for New Reading Programs

The Senior Petty Officers' Association (SPOA) and W.T. Sampson Elementary School are working together to develop two new reading programs

The first is a Guest Reader/Arts & Crafts Program. Military volunteers are needed to read aloud in classrooms at least once a week. If you want to get more hands on, you can volunteer to do various arts and crafts projects

Volunteers can choose to work with the same class each time they volunteer or try working with various grade levels. If you choose to work in the same class, you and the teacher can work out your own volunteer schedule.

Coordinators are hoping to have the first Guest Reader event on Sept. 26. If you are interested in volunteering, contact JO1 Amy Kirk at 4502 or email n04b@usnbgmtmo.navy.mil. Let her know the day and time you would like to volunteer and if you will be reading or doing an arts and crafts project.

The second program is a monthly "Read In." This program gives military volunteers who have limited time during the week a chance to volunteer during a Saturday.

The event will be at the elementary school and is for all elementary grades. So whether you feel like reading Dr. Seuss or Harry Potter, there is something to suit any taste.

Details are still being worked out on the Read In Program, but coordinators are hoping to have the first Read In on Oct. 18. If you are interested in volunteering, contact JO1 Amy Kirk. Also, watch the Gazette for more details.

The primary goal of both reading programs is to help children associate reading with pleasure and to promote the value of education and literacy by improving reading and learning skills. The goal of the arts and crafts program is to inspire creativity and teach an appreciation of art.

All volunteers will be given a copy of "Shared Reading" guidelines. This reading format highlights key ingredients for a successful reading experience.

Volunteers will also be given a list of general craft ideas that could be incorporated with all most any storytime book.

Reading Aloud – Children, Students Never Too Old

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Parents and teachers have read aloud to young children for centuries. We know that time spent reading aloud is valuable to them. We have watched pre-readers listen to a story, then capture the book itself to look at again and again. Sometimes they memorized the story, shared it with their friends, and at times even slept with the book.

But reading aloud at home and school often stops, or is greatly cut back, once a child learns to read on his own.

Why?, wonders author Jim Trelease in his book *The Read Aloud Handbook*: "Reading aloud is a commercial for reading. ...Think of it this way: McDonald's doesn't stop advertising just because the vast majority of Americans know about its restaurants. Each year it spends more money on ads to remind people how good its products taste. Don't cut your reading advertising budget as children grow older."

Reading aloud to children helps them develop and improve literacy skills — reading, writing, speaking, and listening, Trelease adds. And since children listen on a higher level than they read, listening to other readers stimulates growth and understanding of vocabulary and language patterns.

Language Arts teachers affirm that reading aloud teaches children about literature in a way that silent or independent reading never can," says Judy Freeman in a 1992 Teacher Magazine article, "Reading aloud in school is not a frill. Go out of your way to make each book a special experience for your students. Allow them to live literature, to become so involved in a story that they become a part of it. It could change their lives."

Worship Services

Catholic Mass
(Main Chapel) **Monday - Friday**
Daily Mass (Cobre Chapel) 1130

Friday
Holy Hour/Rosary 1700
(Cobre Chapel)

Saturday
Reconciliation 1630
Eucharist/Mass 1730

Sunday
Eucharist/Mass 0900
La Santa Misa (Spanish) 1015
Eucharistic Adoration
(Cobre Chapel) Daily 24hrs

Protestant Services
Sunday
Services - Main Chapel 1100
Praise & Worship 1830

New Life
(Main Chapel) **Sunday**
Worship Service 1245

Church of Jesus Christ of Latter Day Saints
(Sanctuary A)

Sunday
Sunday Sacrament 0900

Monday
Families Home Evening 1800

Wednesday
Ladies Relief Society 1900

Thursday
Young Women 1900

Jewish
(Fellowship Hall)
Every Friday 2000

Filipino Bible Fellowship
(Sanctuary A) **Sunday**
Worship 1800

Iglesia Ni Cristo
(Sanctuary B) **Sunday**
Worship 2000

Pentecostal Gospel Temple
(Sanctuary C) **Sunday**
Worship 0800 & 1700

Seventh Day Adventist
(Sanctuary B) **Saturday**
Divine Service 1100

Islamic Service
(Classroom 18) **Friday**
Worship 1300

United Jamacian Fellowship
(BLDG. 1036 - Next to Phoenix Cable)
Sunday Service 1100 & 1830

Camp America Chapel
Sunday
Praise & Worship 0900
Bus Transportation available at 8am,
Windward Loop and 8:15am, TK.

For information about Sunday School, Education Programs, Bible Study, Prayer Groups, etc. Call the Chaplain's Office at 2323.

School Lunch Menu

Sept. 22 - 26

- MONDAY -

Chicken Pattie,
Lettuce & Tomato,
French Fries,
Apple Wedges,
Milk

- TUESDAY -

Spaghetti w/Meat
Sauce, Garlic Bread,
Broccoli w/Dip,
Fruit Gelatin, Milk

- WEDNESDAY -

BBQ Chicken,
Tossed Salad,
Mashed Potatoes,
Orange Wedges, Milk

- THURSDAY -

Cheese Pizza,
Carrot Sticks,
Sweet Peas,
Sliced Pineapple,
Milk

- FRIDAY -

Chicken Taco on
Crispy Shell, Lettuce,
Tomato & Cheese,
Vegetable Rice,
Seedless Grapes,
Milk



HOMERUN DERBY

Saturday, Sept 20th, 10am-3pm
Cooper Field, Fields 2 & 4

Highest number of Homeruns per 10 swings wins!

Categories - Men, Women

and Children (ages 4-6; 7-12; 13-17)

1st Place in all categories win Trophy & T- shirt

Entry fee \$5 (10 swings)

No limit on the number of times you can enter!

All proceeds benefit the 228th Navy Day Ball.

FMI, call MA1 Perry at 2389 or pager #865.

Hospital Spouses' Organization

Welcome Social

September 23, 2003

7:00 pm to 9:00 pm

at the Community Center

Meet HSO members, learn about
the GTMO Community, and enjoy
delicious coffee and desserts!
For more information contact Toni
Anderson at 7959.

Ladies Introduction to Golf Clinic

Learn the basics of golf!

Monday, Sept. 22 at 6pm at the
Driving Range behind the golf shed

Must be 16 or older to participate.

If you have a seven iron, bring it.

If not, one will be provided.

FMI, call Mike Weathers, 4525
or Darnell Davis, 84231.



*Keep GTMO beautiful.
Put your trash in
appropriate trash bins*

Force Protection

*Maintain a low profile when
traveling overseas. Don't wear
items that are distinctly American.
Examples include: cowboy hats,
boots, western belts, clothing with
American flags or other national
symbols, city or commercial logos.*

Energy Conservation

*Encourage your
employees to
be energy
conscious.*

Water Conservation

Sept. 1 - 7

Used 7,404,000.0
Daily avg. 1,057,714.3
Daily goal 1,000,000 gal

We were **\$7,676.00** over
budget for the week.

GTMO SHOPPER

FOR SALE

(1) ITEMS FOR SALE - Outdoor cedar double planter/bench, \$25; girls dresser and mirror, excellent condition, \$75; girls 15-spd bike, never used, but some rust, \$25; double bed w/frame and head board, \$25. Call 7726 before 10pm.

(1) JVC TV 27", Stereo Sound, complete with remote and manual, 1 1/2 yrs. old - \$150. Call (w) 3110 or (h) 8924.

(2) ITEMS FOR SALE - 26" Bicycle; 80 cu SCUBA Tank, visual/hydro tested; CD/cassette/radio w/remote. Call Hector at 3468 or 8381.

(2) Television set; Entertainment center. FMI, call Lurlene, 7622.

(2) FREE Side by Side (outside) refrigerator in good working order, ugly exterior, call Jan at 2650.

(3) Sofa-sleeper, good condition, \$150. Call 7799 (AWH) or 3483 (DWH).

(3) Burgandy Recycler - 6 mos. old - \$150. Satellite Dish w/receiver and cable - You move it - \$300. Crib and Mattress set - \$20. Extra large bookcase, handmade, unpainted - \$175. Call Julie or Aishia DWH - 4172 or AWH - 5660.

(3) White plastic patio table and four chairs, \$25. Call (h) 7961 or (w) 7-2280.

VEHICLES/BOATS

(1) 1980 F150 Ford, \$1,700 OBO. Runs great! Must sell by Oct. 15th! Call 7846.

(2) 1982 Ford Crown Victoria - GTMO Special - New tires, water pump. Available Oct. 1st. \$900 OBO. Call HM2 Janelle Harris, (DWH) 72623 or (AWH) 7844.

(2) 20ft. Stapleton inboard. New engine (ford 302 - less than 10hrs), new prop, new batteries, live bait well, full coastguard package and lots of extras. Setup perfect for fishing and diving. Make an offer. Call 7726.

(2) 1990 Ford Taurus stationwagon. Automatic, A/C, AM/FM radio w/ tape deck. Has some dents but runs well. \$3000 OBO. Call Anna 7489.

(2) 98 White Lincoln Navigator. FMI - call Williams at 7491, lv. msg.

(2) 1997 GTI Seadoo Bombardier with trailer. New engine, new exhaust, life-jackets, left and right side bumpers, and towing rope. Engine has less than 10 hrs and has two year warranty. \$4,500/OBO. Call Lela DWH 72940 or AWH 7041.

(3) 1998 Chevy Malibu. Light Green 3.1V6 Auto w/pwr windows/door locks, A/C, AM/FM w/Pioneer CD Player. New Brakes, front Spkrs. \$5,800 OBO. Call 5862.

(3) GTMO Special - '88 Chevy Celebrity 2.8L V6 Auto - \$600. Call 5862.

(3) '81 Ford Granada 2dr. GTMO Special - \$600. OBO. Call 5862.

(3) 1999 Harley Davidson Electra Glide Classic, AM/FM/CASS w/remote controls, air suspension system, lighter, fuel injection, custom low profile seat, bike has been lowered. Has 3,300 GTMO miles on it Asking \$15K, call 7123 AWH.

(3) Boat and trailer, parked next to WB 45B - \$500 OBO. Call Julie or Aishia DWH - 4172 or AWH - 5660.

EMPLOYMENT

AVID Tutor - Help plan field trips, schedule guest speakers, run tutorials, assists in gathering paperwork and grading binders. Basically the tutor works under the direction of the teacher to meet the goals of the class. FMI, call the high school, 3500.

Your Navy Exchange is looking for applicants for the following full-time positions: Hairstylist, Manicurist and Supervisory Personalized Services Clerk. Applications available on the second floor of the NEX. FMI, call 4119.

SERVICES

Need a night out or just need a break? Call Jessa - Rec Cross certified babysitter - 7876.

WANTED

Singer Wanted - Least Worst Band is holding auditions for a female singer. Must be energetic and love to sing. We do all style of music from 70's to Today. FMI, contact Mike Long at 7111 or Ed at 7130.

ANNOUNCEMENTS

The "Amber Daniels Memorial Fund" has been set up at the Navy Federal Credit Union for the daughter of Ric and Kim Daniels. For those interested in helping, contact Cliff Exley at (h) 7569 or (w) 4476.

Save Money - Monthly Coupon Meeting Tuesday, Sept. 30 from 7 to 9pm at the Community Center. FMI, call 7741 or 5545.

YARD SALES

Nob Hill 20A - Friday, Sept. 19, 2-7pm, and Saturday, Sept. 20, 7:30am to noon - Moving so all items must go. Some junk, some treasures!

Sat., Sept. 20 - Villamar 37A - Three family yard sale, 7 to 11am. Lots of nearly new items. Come one come all. We need to clean out our closets! No early birds please!

Saturday, Sept. 20th, 7am - BACK YARD PATIO SALE, 722 A Villamar - golf clubs \$25; entertainment unit \$50; small computer

Welcome Aboard!
It's A Girl!

**Ashlyn Elizabeth
Nalley**

Born September 15, 2003
7 lbs 9oz; 20"
to Jenny and Matthew Nalley



desk \$25; sofa sleeper \$30; 2 bar stools \$12; metal storage unit and all the rest the items - make an offer. Dishes, knick knacks, clothes - Everything must go!

Saturday, Sept. 20th, 7 to 9am, Villamar 2225 - Assorted children's clothing, fishing items, yard furniture, auto parts. etc.

to Mrs. Debbie Sode for your kind donation on Sept. 8, 2003!

Chief Everett Hairston and family - Congratulations on a spectacular achievement! (James 1:12) Love you all! Hugs & Blessings - The Sharpes

The Navy College Learning Center welcomes Dean Mike Randerson to Guantanamo Bay, Cuba! We hope you enjoyed your brief stay and look forward to working with you and Columbia College for many years to come!

Ellen and Tracie

LOST & FOUND

LOST - Large black CD case w/CDs. Two large stickers on front. Last seen at Iguana Crossing Coffee House on Friday, Sept 6. FMI call 7633.

PERSONALS

The PTO would like to give a big thank you

To H.B., I love and I miss you! I am so happy to have you in my life and I can't wait to see you. I'm so proud of you!

Love Always, JT!

Hail & Farewell Luncheon for Command Chaplains

You are cordially invited to the
Hail & Farewell Luncheon for
Chaplain Salamoni and Chaplain Foley.
12:15pm - Friday, Sept. 26th
at the Windjammer.

I/SAC Election News

The I/SAC (Installation/School Advisory Committee) has formed its election planning committee (EPC).

The EPC is seeking full-time professional school employees as candidates to fill three vacant positions on the I/SAC. If you are a current professional school employee who wishes to be placed on the ballot for the I/SAC election, please notify Carolyn Dalton at the elementary school. Call 2207 for more information.

The election will be held on 14 October 2003. All parents of children enrolled at W. T. Sampson E/HS and professional school employees are eligible to participate in the election. Specific details about the voting procedures will be announced soon.

GIGLI

Crime/Comedy
2hrs

Starring:
Ben Affleck
Jennifer Lopez
Al Pacino
Christopher Walken

An LA hitman is ordered to kidnap the psychologically challenged brother of a powerful federal prosecutor. When plans go awry, his boss sends a gorgeous, free spirited female gangster to assist with the kidnapping.



JOHNNY ENGLISH

Comedy
1hr 28min

Starring:
Rowan Atkinson
John Malkovich
Ben Miller
Natalie Imbruglia

When her majesty's crown jewels are stolen by a conniving Frenchman, who plans to steal the queen's throne, Johnny English, a high unseasoned but intensely enthusiastic, is thrown onto the case.



TERMINATOR 3: RISE OF THE MACHINES

Sci-Fi/Action
1hr 48min

Starring:
Arnold Schwarzenegger,
Nick Stahl,
Claire Danes

A decade has passed since John Connor helped prevent Judgement Day. Now 25, he lives "off the grid" - no home, no credit cards, no cell phone and no job. There is no record of his existence and no way he can be traced by Skynet, until out of the shadows of the future steps T-X, Skynet's most sophisticated cyborg killing machine.



LEGALLY BLONDE 2

Comedy
1hr 34min

Starring:
Reese Witherspoon,
Sally Field,
Luke Wilson

Elle Woods takes her legal savvy and fashion sense to Washington DC to push an anti-animal testing bill through Congress.



Movies

FRIDAY, SEPT 19

8pm Legally Blonde 2
PG13 94min

10pm Terminator 3
R 108min

SATURDAY, SEPT 20

8pm Johnny English
PG 88min

10pm Gigli
R 120min

SUNDAY, SEPT 21

8pm Bad Boys 2
R 147min

MONDAY, SEPT 22

8pm How To Deal
PG13 102min

TUESDAY, SEPT 23

8pm Gigli
R 120min

WEDNESDAY, SEPT 24

8pm Pirates of the Caribbean
PG13 150min

THURSDAY, SEPT 25

8pm Tomb Raider 2
PG13 110min



Liberty Center

Car Care Day
September 21
10am to 3pm
at the Marina Auto Skills Shop
Limited to 5 Cars
FMI call 2010

Youth Center

Creative Dance Classes
Every Thursday, 7:30 to 10pm
at the Youth Center. \$5 per child.
Sign-up at the Youth Center
FMI call 4658

Captain's Cup Men & Women's Volleyball

Season starts September 29th
Round-robin league play
Coaches meeting September 22nd
2pm at the base gym
FMI call 2193

Craft Fair

October 4th
9am to 1pm
Breakfast and lunch will be available
Vendors may sign-up at the
Windjammer. \$5 per table
FMI call 4795

Youth Soccer Season Begins Oct. 3rd & 4th

Age Groups
4-6, 7-9, 10-12
Sign-up at the base gym
Coaches needed for all age groups
FMI call 2193

Parent's Night Out

Sept 20th 6:30pm to Midnight
A reservation fee of \$2.50 is due by
Sept 17th to hold a spot for your
child(ren). An additional fee of \$1.50 is
due for each additional child. The
reservation fee is non-refundable. One
hour-\$2.50, two hours-\$5.00 and three
or more hours-\$12.00
FMI Call 3664

For more information on any of the events
listed above, call 5225.